

### THE WILLOWS SANITARIUM.

The value of a hospital to a community is in direct ratio to the enlightenment of its inhabitants.

Modern ideas of health elicit the absolute desirability of the establishment of hospitals. The subsequent patronage depends largely upon when, and to what extent the public considers specialized care necessary during any infirmity.

As a rule the people in a small community resemble a large family. They are sociologists on a small scale. By the unwritten law of the pioneers, co-operation seems to be the established code amongst the country folk. Their neighbor's affairs become their affairs, especially during illness or trouble.

In every community there are always some who have a particular aptitude in caring for the sick. One of these adepts will perhaps through force of circumstances take a patient into the home and, giving satisfactory care, create a demand for further service entirely out of proportion to accommodations. This situation often germinates the idea of the future hospital.

Those in more fortunate circumstances could go to the large city hospital.

The local doctors, business men and the Glenn County Savings Bank showed their faith in the venture by extending and pledging business and monetary courtesies of a very generous nature. This spirit of co-operation helped to give the instigator of the sanitarium fresh courage and created a new inspiration for genuine success in the art of humanitarian service.

The Willows Sanitarium is a building of one story on the bungalow type. It stands on a lot 100 by 150 feet. The building itself is 110 feet long and 32 feet wide with front and back porch screened in. A corridor five feet wide runs straight through and separates the rooms on either side. An old fashioned garden and a dozen almond trees for shade ornament the south side of the building. Here convalescents may enjoy a comfortable change amid such peaceful surroundings. Just across the way is a well kept tennis court owned by the West Side Canal Company. Acacia trees adorn the front of the sanitarium grounds



Education of a higher degree among the masses marks the present-day trend of life, and when such knowledge is accentuated, the needs of the individual become more easily recognized.

Every progressive community takes a pride in the establishment of its various institutions.

Willows, the county seat of Glenn county, is no exception to this rule. Situated in an agricultural district, with a population of over 2500, a splendid high school reflects the spirit of progress—likewise the Chamber of Commerce, Monday Afternoon Club (a women's civic club), Glenn County Library, Agricultural Department, University of California (represented by the farm advisor and his staff), branch headquarters of National Forest Reserve, Free Employment Agency, town band, churches representing seven different denominations and their allied societies. All these strike a responsive chord in the interests of the community.

Recently the establishment of a small hospital called the Willows Sanitarium was added to the community. It has apparently filled a long-felt want. When it was proposed several months ago, the doctors, merchants and other business people announced their hearty endorsement of such a venture. They said that they felt it to be a necessity as well as an asset to the community.

Up to the time of the sanitarium's birth, sick folks were of necessity cared for in hotels, lodging houses or wherever it was not convenient

and help to shade the porch whenever the warm noon-day sun casts forth his high lights.

A twelve-bed capacity divided into cheerful, well ventilated private and semi-private rooms marks the accommodation facilities of the sanitarium. The rooms are furnished with Simmons' standard hospital beds. Specially made top mattresses insure the patients' comfort. Maple and white furniture such as dressers, chairs and bedside tables complete the rooms. Electric lighted and heated. Call bell annunciator system connecting all rooms. Local and long distance telephone connections can be furnished in four of the rooms.

A commodious sitting and waiting room adorned with pretty plants makes a pleasing impression upon entering the building. The doctor's office to the left is fitted to receive patients who desire admittance.

Comfortable quarters for the hospital staff are provided in the rear of the building. A commodious back porch forms an outdoor living room for them in the summer time. The hospital staff consists of doctor, head nurse, junior nurse, and housekeeper. Whenever the services of a special nurse are required ample provision is made for her accommodation.

The kitchen and pantry are equipped with large gas range, sink, scouring tray, Hoosier cabinet, refrigerator, tray racks and shelves and ample storage room for food supplies. The instantaneous hot water system is a convenience and facilitates the work in the institution.

The patients have a separate bathroom and lavatory, also a rack room for special utensils, furnished with hopper trays for scouring same. Additional equipment for giving shower brush bath, needle bath and electric blanket bath. Portable X-Ray outfit, blood-pressure apparatus and microscope. Clinical laboratory methods are employed for ordinary examinations of urine, blood or sputum.

Then come the modern surgery and sterilization rooms. The sterilizing room, all white with magnesite flooring, is equipped with a Bramhall Deane sterilizer, separate utensils and instrument sterilizers, two nickle tanks of generous capacity for hot and cold sterile water. Foot pedal tap connected with hot and cold water facilitates the surgeon's scrubbing up. Ample closet room for supplies, clinical charts, instruments and accessories.

The surgery or operating room, all white, magnesite flooring with center drain, has a generous north lighting received from five windows. Also a center electric cluster of 400 candlepower sheds a splendid light for any emergency or night operations. Equipment consists of an adjustable steel operating table, Mayo stand, three-bowl stand and irrigator, one additional instrument and dressings table and the anesthetic cart, thermocautery outfit and extension "field light."

The indoor ambulance of substantial build and the wheel chair are ever ready to assist the patient.

The meetings of the Glenn County Medical Society are held in this hospital.

All the representative physicians and surgeons in the county have welcomed this project and shown their appreciation by bringing their patients to the sanitarium.

Country doctors were formerly thought to be provincial in their line of work. If some of their work could be seen when the proper place and accessories are provided for them, prejudiced minds would be convinced beyond a doubt.

This shows the importance of the hospital in the small community. It benefits the patients at home by furnishing the best facilities for their care, and at the same time stimulates the country doctor to exercise his dexterity to greater advantage. It often proves his latent skill when he knows he can get the proper setting for the furtherance of his work and can subsequently rely upon capable help to insure his success.

## Department of Pharmacy and Chemistry

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Help the propaganda for reform by prescribing official preparations. The committees of the U. S. P. and N. F. are chosen from the very best therapists, pharmacologists, pharmacognosists and pharmacists. The formulae are carefully worked out and the products tested in scientifically equipped laboratories under the very best conditions. Is it not plausible to assume that these preparations are, at least, as good as those evolved with far inferior facilities by the mercenary nostrum maker who claims all the law will allow?

Malt soups and malt extracts have been recommended to keep up the calcium balance in the body and the beneficial effect attributed to maltose or to the potassium carbonate added, or to both. Recent experiments seem to indicate that the beneficial effects of the malt soups are not due to maltose or alkaline carbonate.

There is a law preventing the use of saccharine in food stuffs under any condition, although it may be used in medicine. This law was originally modeled after the German law which was adopted by the German Government, not because saccharine was found injurious, but because it interfered with the use of sugar and the German Government wanted to protect the sugar manufacturers. Dur-

ing the war saccharine was very largely used in Germany and also in this country, the law not being very rigidly enforced. However, now that sugar is again available, the law is again to be enforced. Of course saccharine is not a substitute for sugar as a food and it is a fraud to sell it for this purpose, but it seems this law should be changed to some extent.

Biological reactive proteins for the detection of food idiosyncracies are now on the market and can be readily obtained.

Among the preparations submitted to the Council of Pharmacy & Chemistry of the A. M. A. for inclusion in the N. N. F. was "Haven's Wonderful Discovery" for the cure of Influenza, etc. The directions on this were to take a hot foot bath three succeeding nights, adding three tablespoonfuls of baking soda and applying remedy to the affected parts. The discovery was found to consist of oil of wintergreen, oil of sassafras, oil of black pepper, spirits of camphor, spirits of turpentine, spirits of chloroform and alcohol. It seems unbelievable that anyone should submit such a mixture to the Council and expect their endorsement so as to present this preparation to physicians as ethical. It looks like a joke but it is not improbable that the manufacturer really thinks he has something wonderful and will complain that he is the object of official persecution. It is possible, too, that he thinks his preparation quite as wonderful as some of the mixtures of animal extracts and digestive ferments presented to the medical profession for its approval.

The amended law has made one step in the right direction. The Harrison Act seemed to consider remedies containing less than 2 grains opium to the ounce as harmless and they could be sold without any regulation whatsoever. This has now been changed, and a record must be kept of their sale. It is doubtful if anyone acquired the narcotic habit from the use of cough mixtures containing small quantities of heroin or codeine as the other ingredients were of such a nature as to make their indiscriminate use rather discouraging. However, there can be no doubt that at least one popular colic remedy is used very largely on account of the opium and alcohol it contains. A limit of 2 grains to the ounce was originally fixed so that paregoric could be freely sold and extensively used as a household remedy. It was difficult to get opium and the sale of alcohol was being made more and more difficult and yet it was very easy to get a mixture of these which is probably more dangerous than either one by itself. The paregoric habit has been growing materially in the last few years. There has been some attempt at legislation, as for instance a municipal ordinance prohibiting the sale of more than one ounce of paregoric at a time, but this simply meant that the fiend must go to a number of stores in order to get a sufficient quantity to satisfy his appetite.

Many people have not known that paregoric was dangerous or habit forming. This is shown by the fact that the sale of paregoric has been cut down to 50 per cent. in one drug store that has discarded the old label and adopted a new label indicating the danger of its use. It is to be hoped that a bill now before the State Legislature prohibiting the sale of paregoric excepting on a physician's prescription, will pass and be rigidly enforced.

The Federal Anti-Narcotic Act has been extensively amended in connection with the new War Revenue Act. The physician is now required to pay a license fee of \$3 a year instead of \$1 as heretofore. This increase went into effect January 1st, 1919, so that every physician is required to register and to pay \$1 for the term from January 1st to June 30th, 1919. At the time of writing this, the forms for this tax have not been issued. It is understood that a form will be sent to each physician and that he can fill out this